



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

**Brause, Martin**

Club: DJK Ewaldi Aplerbeck 1930 e.V.

Number: 1640

Course: 13.00 km

Nordic Walking

Total time: 1:44:06

Speed: 7.49 km/h

metres in height up: 414

Course score: 19.21

performance score: 144 Points